

**#1 Baseball Training Program!**

***SWING FASTER, THROW  
HARDER AND RUN QUICKER  
With Isometric Training!***

***Powerful 2-minute exercises help increase  
your hitting distance, throwing velocity  
and base running speed!***

**AthleticQuickness®  
[www.AthleticQuickness.com](http://www.AthleticQuickness.com)**